

With March here. . . It's time to get your garden started

The arrival of March is a good time to get started. Home gardeners usually start their gardening activities by reaching for a garden vegetable seed catalog.

Deciding what will be grown is the first step in any gardening plan, and a seed catalog is an excellent source of information.

Characteristics of soils, difference in temperature, length of growing season and amount of rainfall vary from area to area. Because of this, choosing appropriate vegetable

varieties for a given area is crucial. Certain types of vegetable plantings that do well in one area may do poorly in another.

A seed catalog will tell the gardener whether a particular vegetable variety is disease-resistant and if the variety is better suited to spring planting or fall planting.

Many catalogs also contain valuable growing hints and other good ideas along with the vegetable listings.

Check with a local gardening

or nursery store for seed company catalogs. If the store has few catalogs available, many seed companies will mail their catalogs to individual customers. The customers store can probably provide appropriate addresses.

A guide to vegetable varieties adapted to Oregon's growing conditions is also available in "Home and Farm Vegetable Garden," OSU Extension Circular 871, at the Warm Springs Extension office.



Beating the cash crunch

This is part of a continuing series of articles and tips on smart shopping, family budget planning, and ways to make money buy more for you.

Cash, bread, plastic money, checks; there are many names for the money that has to be spent daily to live. Amounts of money available are shrinking, and on top of that a dollar is not worth what it used to be!

Although the outlook is not good now and everyone will have to "tighten up on spending," there are still ways to spend money wisely and to plan for and afford necessities and a few luxuries.

Soups save \$\$

Homemade soup! It's perfect on a cold day and it's a great way to cut your food bill and use your leftovers. Corn, peas, carrots, celery and meats are all excellent soup ingredients. Freeze them in airtight

containers until you have a good supply, then it's time to make soup.

For most soups, making what's called stock is the first step. For a meat stock, use inexpensive cuts of meat as well as some cracked bones for flavor and body. Put the meat and bones in cold water and bring the mixture slowly to a boil. After simmering, remove the scum from the top. Then add your leftover vegetables, noodles or rice, and season. For every quart of water use about one and one quarter pound of lean meat, one-half pound of bones, two cups of vegetables, and salt to taste.

And if you're cooking for only one or two, fix a big kettle of soup anyway and freeze part of it for later.

Family Lifelines—



important school children ever attend? A child's experience and learning at home have a lasting effect on his or her later school work and social activities. One of the most important lessons parents teach is discipling. It eventually helps children discipling themselves.

During the first five years of life children learn easily and rapidly and they are busily exploring all kinds of things including a variety of behaviors. Straatmans suggests that adults need to practice sensitivity to good or bad behavior and provide information that helps children act responsibly for their age and understanding. This is "positive" discipling. Too often we tend to tell children what not to do and fail to tell or show them what they can do.

Children learn early that there are rules—certain things they can and cannot do. If this is to happen, adult must set clear limits and enforce them. Without this control children may become insecure, or anxious, and may even feel guilty. Positive discipling does not blame children or label them as "bad or naughty." Realizing that if limits are not observed there are consequences is the first step in learning to be responsible for one's actions.

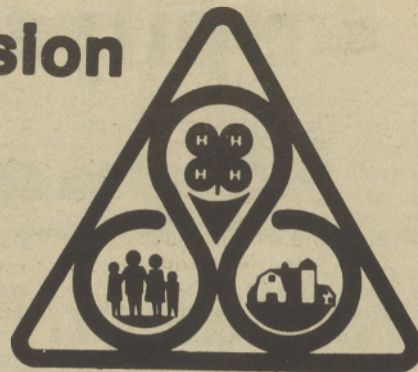
through good family communications and understanding between family members

This is a part of a continuing series of articles and thoughts on building positive family member understanding, communications, and interaction.

Discipline Begins at Home

Do you ever think of yourself and your family as teachers, or of the home as the most

Extension Notes



from Pennie Albrandt, Clint Jacks and Doris Brackett

Control of beef lice

Cattle owners should check their livestock for lice infestations. Cattle rubbing on objects, are a sure indication of the presence of lice. Lice cause intense irritation and loss of condition. The hair may be rough, thin and lack luster; and scabs may be evident. Lice are most plentiful around the root of the tail, on the inside of the things over the ankle region and along the neck and

shoulders.

Because of the close contact of cattle during the winter months, it is practically impossible to keep them from becoming infested with lice.

For effective control, all cattle should be treated and it may take up to two treatments to reduce lice population. A number of pour-on insecticides are available in area feed stores and are easy to use.

Horse health clinic

Marita Johnson and Rita Squiemphen are organizing a horse health clinic with the Redmond Veterinary Clinic. This clinic will be held at Warm Springs on Tuesday

April 6.

Purpose of clinic is to do the spring health care on horses—shots, parasite control, filing teeth etc. Additional information will be available in mid-March.

Horse production conference

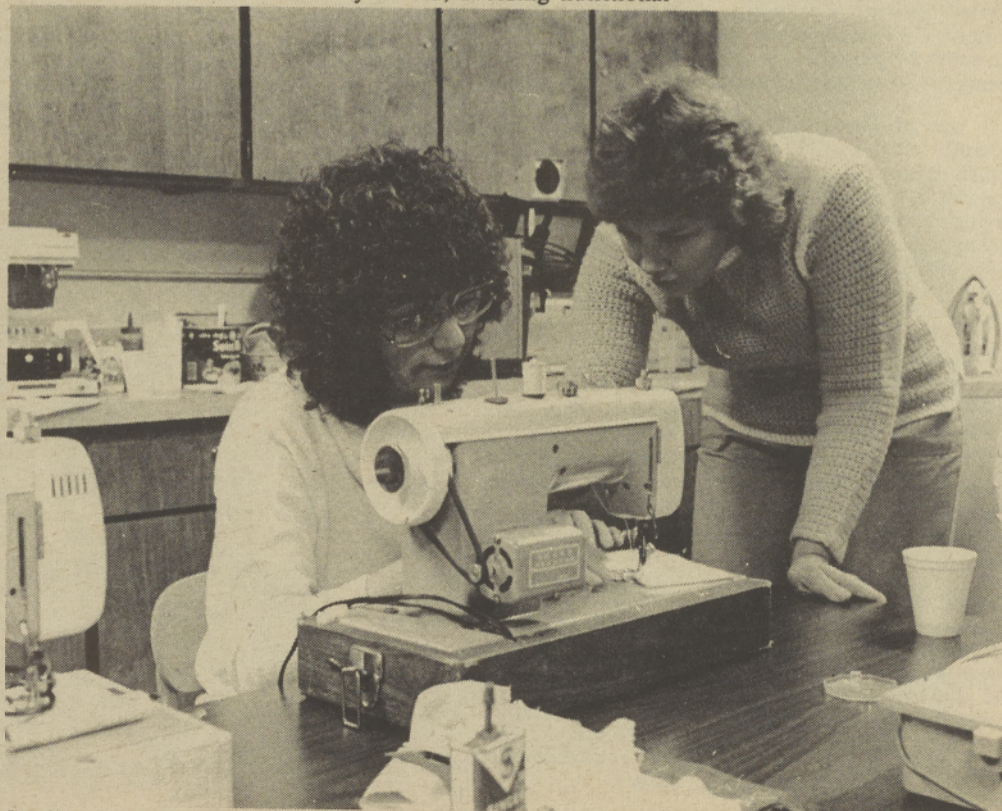
The Mid-Columbia Horse Production Conference will be held March 12 and 13 in the Recreation Cafe, The Dalles. This conference is an annual event sponsored by Washington and Oregon Cooperative Extension Services and the Mid-Columbia area veterinarians.

This year's conference will cover: training and development of the yearling and two year old, avoiding nutritional

problems with young horses, training techniques-fitting for show, training techniques for arabian horses and other topics of interest.

The cost of the Conference is \$45.00 and will cover expenses for the two day conference, two lunches, and conference proceedings.

Registration forms are available in the Warm Springs Extension office.



Sewing machines and instruction in sewing are available through the Warm Springs extension service. The sewing class meets every Tuesday night in the 4-H room. Extension agent Pennie Albrandt is there to help. Here she helps Donna Behrend.

Spilyay Tymoo photo by Shewczyk